EMS Circulation Pro®

Electro Muscle Stimulation

User Manual

Introduction

Thank you for purchasing the EMS Circulation Pro by HCT. Please read through the User Guide carefully before using the device. By following through the user manual instructions, you will get the most benefit out of this product. The device uses electromagnetic signals to improve blood circulation through the plantar muscles and acupuncture points, thus relieving tiredness and aches of legs and the body.

The human foot is the most sensitive and complicated part of the human body. In the human body, there are 12 main vessel systems that relate directly or indirectly with the human feet. Half of all the vessel systems are located at the feet. And below the ankle level, there are more than 60 acupuncture points which are closely linked to five solid organs and six hollow organs of the human body. The plantar has zones to various points with each representing respective parts and organs of the human body. It is widely known as reflexology. The reflexology zones form a microcosm of the body where a large number of neural points are focused.

Many physicians and health experts identify and diagnose diseases through the reflexology system. This has established the importance of the foot as being the second heart of the human body. This also strengthens the concept that the health cultivation starts from Feet & Reflexology.

Poor circulation can be caused by prolonged periods of standing up, sitting down or merely age related. This causes tiredness, aching legs, muscle fatigue and feeling of being unwell. The Electro Muscle Stimulation technology works on the nerve endings in the soles of the feet and the plantar zone. The contraction and expansion of the muscles around the calf areas boosts blood circulation imitating the natural pumping action and improving blood supply to the heart and preventing stasis (pooling of the blood).

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Features and functions

The Electro Muscle Stimulation device is a breakthrough in healthcare technology. The technology uses electrical pulse that complements the traditional Chinese medical theory of acupuncture therapy, where safe current is passed through a computer controlled simulator that directly affect the human nerves located at the base of the feet. There are 50 electromagnetic pulses that are useful to the human body. The EMS therapy works through a series of 25 waves setting. You can also choose a particular type of setting manually. The intensity of the electromagnetic pulse can be set from level 1 (lowest) to level 99 (highest) to suit personal preferences.

The EMS device has two further ports for accessories, one for T.E.N.S Electrode pads for body pains and the other for Slimming Belt.

- Ergonomic, modern and light weight design
- 25 types of Electro Pulsation waves
- 1-99 intensity levels
- Bio-magnetic wave therapy pads
- Infrared heating function
- Added Infrared heat therapy to improve blood circulation.

Device controls panel

Functions

1. DC jack 2. Electrode jack 3. Power button 4. Infrared heat area 5. Sole EMS wave area	6. Function 7. Increase + 8. Mode 9. Decrease – 10. Infrared heat button	11. Time display 12. Mode display 13. Body intensity 14. Sole intensity

Accessories

Adaptor X 1

Remote control X 1

T.E.N.S pads X 4

Electrode cable X 2

Slimming belt X 1

EMS Health benefits

EMS pulse can improve blood circulation in the body, promote formation of new blood cells, reduce swelling in the feet and ankles, enhance body muscles, strengthen and balance the bio-electromagnetic fields in the body. Improved blood circulation can enhance the body's immune system with improved self-healing ability, enhanced neuro receptor cells and much more.

Electromagnetic pulse treatment uses controlled electrical current through the IC controlled chip fitted in the device to control the EMS pulse. Depending on the individual requirements, different settings can be applied. The device is pre-set for 25 minutes. However, in most cases, results can be felt with a 10 to 20 minute daily session. Below are some of the benefits of this treatment.

- EMS therapy treatment is painless and totally safe
- Improves blood circulation in the body, reduces fatigue and eases muscle pain
- Helps reduce pain caused by rheumatism, relaxes tensed muscles and improves sleep patterns
- Reduces discomfort due to heavy legs and inactivity
- Helps control blood pressure, increases lymph flow and collagen production
- Repairs damaged cells, improves cells generation and increases oxygen volume
- Improved blood circulation leads to improved metabolism

Enhanced Microcirculation

Microcirculation's main function is to carry nutrients and oxygen to cells. If this system is not functioning well, it can lead to a variety of diseases, such as rheumatoid arthritis, limb paralysis, hypertension, cardiovascular disease, frozen shoulder, sciatica and other degenerative diseases.

The Infrared Thermal Function simulates subcutaneous effect and can help expand blood vessels, increase blood flow and restore the microcirculation.

Electromagnetic waves, human cells and theory of cell regeneration

Cell is the fundamental unit in the formation of humans and animals. The nucleus is the chemical composition of protein, fat, sugar, phosphorus, calcium and water. This theory is very complex and even the scientists have not thoroughly understood it so far. These compositions produce a chemical reaction and physiological function - "Bio-electromagnetics."

According to scientists and researchers, new cells are round, the older cells are triangular, and senescent cells are triangular with small bubbles. The cells with higher level of bubbles indicate more debilitating.

The Cells activity is due to the electrons and the cells regeneration depends on the number electrons. Round cells contain the largest number of electrons, triangular cells contain fewer and the triangles with bubbles contain the smallest number.

The same theory also applies to blood cells in bone marrow cells. Therefore cells containing more electrons have a higher renewable power. In order to maintain cell activity, the electromagnetic waves can make the cells produce more electrons. Therefore, magnetizing the human cells to promote vitality is one of medical science's most important achievements.

Useful applications

- Improve blood circulation
- Reduce swollen feet and ankles
- Reduce aching muscles and limbs
- Reduce heavy legs
- Reduce body pain
- Reduce rheumatoid arthritis
- Ease tense muscles and stress
- Feeling of total relaxation
- Ease discomfort due to poor circulation or lack of activity
- It can greatly improve the lives of busy young people too

Precautions

Please avoid the use of this device or the T.E.N.S. pads, if you have any of the following conditions;

- Pregnant (any stage of it)
- Suffer from heart disease
- Fitted with a pace maker or any other cardiac implant device
- Suffer from DVT (Deep Vein Thrombosis)
- Epilepsy
- Suffer from internal or external bleeding
- Broken or infected skin
- Avoid use during menstruation cycle
- Fitted with artificial limbs containing metal elements
- Do not use T.E.N.S. pads on eyes, genitals, and infected or bleeding body tissue or skin

If in doubt, we always recommend that you should consult with your GP prior to using this device, T.E.N.S. pads or the slimming belt.

Device set up guide

Connect the AC adapter to the DC JACK on the side of the instrument. Then connect the adapter to a nearby power point. The display screen will flash from 9-0 and then the light will go off. Press the POWER BUTTON as shown on the diagram to turn the device on. The screen will light up, displaying, TIME: 25 MODE: 00 BODY: 00 SOLE: 00. Now press the FUNCTION button and select a program by pressing "+" or "-" to reach the desired setting.

Electro Muscle Stimulation via Feet/Legs (Main Device)

- Remove socks, stockings or any other material/s from both feet
- Ensure feet are clean
- Put both feet on the Stimulation Panel on the device by ensuring the soles of the feet are well in contact with the FEET AREA as shown
- Now operate the device by following the instructions above (you may also use the remote control supplied with the unit)
- Select the "+" or "-" to reach the desired pulse sensation intensity (1-99) to suit individual tolerance, which can greatly vary from one person to another (this can largely depend on the state of health of an individual's own circulation)
- Using foot balm will help increase conductivity
- Press the Heat Button for Infrared Heat Therapy
- Start setting the intensity control level from very low and increasing gradually to your desired level (intensity level 1-99)
- When using the remote control, ensure to remove the plastic security tab from the lower end, which is for disconnecting the battery when not in use.

(Important: Both feet will need to be put on the panel, failing which the pulsation sensation will not work due to lack of the circuit)

Electro Muscle Stimulation via Body (T.E.N.S. Pads)

The body aches and pains can be relieved by the use of Electrode Pads supplied with the device. The box contains four T.E.N.S Electrode Pads designed to use direct on the affected areas of the body. These can be used on shoulders, neck, arms, lower, middle and upper back, legs, sciatica, etc. These can be used in isolation or together with the feet/legs stimulation through the main unit.

- Connect pins on the back of the cable to the Electrodes pads in pairs
- Peel off the back paper and place pads on the body as required
- Plug the cables into the Electrodes Jack on the side of the unit
- Select the "+" or "-" to adjust the level of intensity (level 1-99)

(Important: Electrode (Stimulation) pads will need to be used in pairs, failing which the stimulation will not work due to absence of the circuit)

Using the slimming (waist) belt

The use of Electro Pulsation Technology can greatly reduce the fat around the muscles and help rejuvenate blood circulation. This can lead to slimming of the abdominal and waist area. Regular use and combined with a suitable dietary plan, its use can tone the muscles and a desired waist line can be achieved. This can also be useful for people who may have problem with exercising or lack the physical movement and/or suffer from long periods of inactivity.

- Connect the cable clips to the connectors on the waist belt
- Place contact points of the belt across the desired area and fasten with the Velcro on each end of the belt
- Start setting the intensity control level from very low and increasing gradually to your desired level (intensity level 1-99)
- For best results, make sure the muscles are contracting and not just tingling

Device performance

Auto & Manual Modes

1. The device allows you to switch between Manual mode and Auto mode.
2. In the Manual mode, the machine starts on the setting of 25 minutes and allows you to choose the desired time and settings through pressing the "+" or "- " button.
3. In the Auto mode, the therapy will go through a series of 25 beneficial settings, auto changing every minute.
4. The auto mode is the recommended mode for best results

Time setting

1. Default time 25 minutes.
2. It has 90-minute timer as maximum allowing five minute increments at each adjustment. Press "+" to increase and "-" to reduce.
3. It is recommended to use it for 25-30 minutes per session and once a day.

Infrared Heat Function

The infrared heat setting uses warmth to assist blood circulation on the sole of your feet and penetrates the body without the feel. Press the "HEAT" button to start. Press the "HEAT" button again to switch off the function.

Benefits of infrared Heat

1. Helps activate cells and increase the oxygen content in the blood through improved circulation
2. Improves microcirculation
3. Promotes blood circulation and builds enhanced metabolism

Precautions

1. During the therapy, ensure that the intensity level is adjusted according to individual requirement. Do not select intensity level that is too strong or too mild in order to achieve the utmost beneficial effects.
2. During the Electrodes therapy, if your skin appears to react in any way, goes red or becomes uncomfortable, you should decrease the impulse stimulating intensity. If it persists, then stop using it.
3. During the therapy, the skin discomfort or numbness is normal, which will disappear once the session is over.
4. Once you have finished the electrode pads or the slimming belt session, avoid pulling the wire to disengage the electrodes. Use the clips or the wire end pins instead.
5. When using slimming belt, ensure the center of electrode button of the belt has been attached with the round insulation flake and avoid direct contact of metal parts to the skin.
6. Ensure your skin is clean before using electrode pads and ensure your soles of the feet are dry and clean before the foot therapy.
7. Please detach the DC power cables from the device after use, and the adaptor from the power socket.
8. Elderly and infirm should use the device under supervision. Children should only use after consultation with the GP
9. Stop using the device immediately if you feel any discomfort and nausea during the use.
10. It is recommended to use the device for 25-30 minutes each session once a day.

Device maintenance

1. When cleaning the device, please use dry or slightly damp cloth or towel. Clean with anti-bacterial or soapy cloth, but do not use benzene or any other chemical solvent

2. The device should be stored away in dry cool place free from dust and moisture

3. If you are not using it for a long time, please remove the batteries from the remote control

4. Do not connect any other devices to this apparatus and only use accessories supplied

5. Do not sit or stand on the device or accessories and avoid dropping or erratic handling

6. After use, always detach from the mains power, pack and store away after the heat has dissipated

7. Do not repair the device yourself or open the main body as it will invalidate the warranty

8. Always contact the authorized distributor or dealer for service or any other issues

Product specifications

Description: EMS Circulation Pro
(Electro Muscle Stimulation)

Model: EMS YS-205
Power: DC9V 1.2A
Rated Current: 1.1A
Out Frequency: 1-50Hz
Warranty: 1 year

Trouble shooting

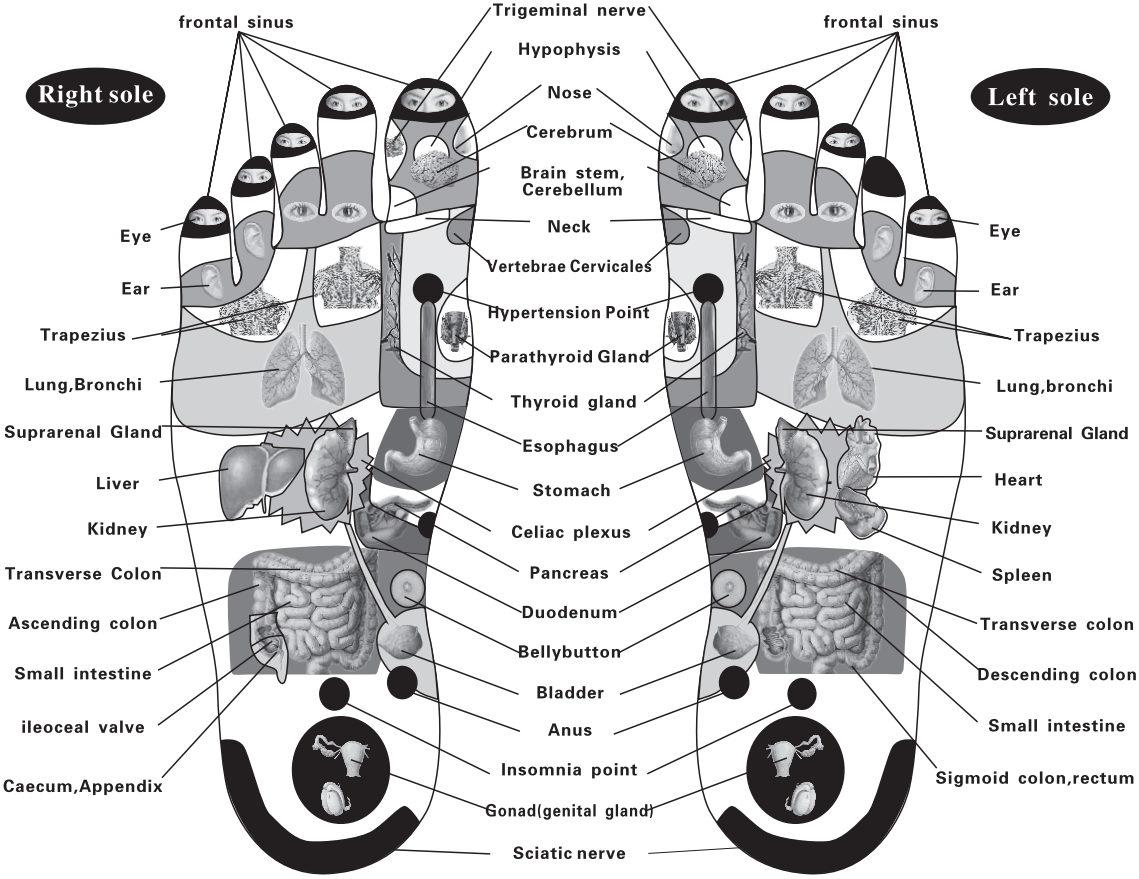
Fault/reason	Possible reason	Action required
No power	• The power plug is disconnected • Power button has not been switch on	✓ Connect plug to power socket ✓ Switch the power button on
Not functioning even with the mains power on	• Power button has not been switched on • Pads are not connected to electrodes firmly	✓ Switch the power button on instrument ✓ Clip the pads to electrodes firmly
No vibration	• Feet too dry • Wearing socks or stockings • Pads are put on clothing • Both feet are not on the device at the same time • Both pads not on the body together	✓ Cleaning and moisturizing feet may help ✓ Remove socks or stockings from the feet ✓ Pads should be on bare skin ✓ Ensure both feet are on the device for conductivity ✓ Ensure both pads are stuck on two body points at the same time

If you are still unable to operate the device properly and the above does not help, you should not dismantle or open the device yourself. This can cause harm and will lead the warranty to become invalid. Please contact the authorized distributor or dealer for repair.

Warning:

Always store electrical items in dry cool areas and should be put away safely. Avoid damp areas and water contact.

Keep out of reach of children


Right sole
Left sole
frontal sinus
frontal sinus
Trigeminal nerve
Hypophysis
Nose
Cerebrum
Brain stem, Cerebellum
Neck
Vertebrae Cervicales
Hypertension Point
Parathyroid Gland
Thyroid gland
Esophagus
Stomach
Celiac plexus
Pancreas
Duodenum
Bellybutton
Bladder
Anus
Insomnia point
Gonad(genital gland)
Sciatic nerve
Eye
Ear
Trapezius
Lung,Bronchi
Suprarenal Gland
Liver
Kidney
Transverse Colon
Ascending colon
Small intestine
ileoceal valve
Caecum,Appendix
Eye
Ear
Trapezius
Lung,bronchi
Suprarenal Gland
Heart
Kidney
Spleen
Transverse colon
Descending colon
Small intestine
Sigmoid colon,rectum

Body Point Picture